POLICE LIFE

THE SINGAPORE POLICE FORCE MAGAZINE

VOLUME 42 NO. 10

Ever Vigilant and Ready

Happy 70th Anniversary VSC

Educating Seniors to Stay Safe Online

Note from the Team

Safeguarding Singapore is a hallowed mission that the Singapore Police Force (SPF) is proud to uphold to the best of its abilities every single day, but this is easier said than done. With the growing threat of terrorism in region, SPF has stepped up its counter-terrorism efforts. To better prepare our officers and the community for such threats, the SPF has conducted a series of counter-terrorism exercises to prepare ourselves and the community should such terror threats materialise.

In this issue of *Police Life*, read about the largest counter-terrorism exercise that was conducted recently as well as the various new measures and community efforts undertaken by the Force to keep Singapore a safe and secure country to live in. Have a good read ahead!

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The Family Man

His full-rim black glasses reveal an earnest gaze that resonates seamlessly with his razor-sharp wits and occasional dry humour. The Commander, who would have otherwise been mistaken for a professor, is cautious and composed in his thoughts as he carefully parses through the questions directed at him. I find myself reeled in by an air of candidness and sincerity that surrounds Assistant Commissioner of Police (AC) Lian Ghim Hua as he deliberates on his "challenging, rewarding and meaningful" journey with the Singapore Police Force (SPF) that unfolded with his acceptance of the scholarship 17 years ago.

"F for Foxtrot, F for Family"

Having assumed command of Ang Mo Kio Division for two and a half years, AC Lian has forged a strong bond with his officers whom he regards as his extended family.

"F for Foxtrot, F for Family". AC Lian often emphasises this statement when addressing his fellow officers. As the head of the Foxtrot Family, he never loses sight of his responsibility to his people. To him, familial relationships are at the cornerstone of the division's success. It is of essence for officers to know that they will be cared for and given the full support to improve and fulfill their aspirations and ***"be the best Police officers they can be, and in doing so, realise SPF's mission and vision"***.

Besides ensuring that officers are given ample room for development, AC Lian also acknowledges that it is crucial for officers to understand the significance of policing work and how it is especially relevant in today's context. Drawing on the use of anecdotes and shared experiences, AC Lian makes the effort to weave them into key messages to engage and motivate his officers. ***"I think one of the important things that a leader needs to do is to communicate effectively to officers…I try to think about how I can make [the messages] personal and relatable, something that people can easily understand and act on,"*** shared AC Lian.

Whilst sharing and motivational sessions help to shape and frame officers' thinking, AC Lian also spoke on the importance of pushing officers to scale new heights. Albeit setting reasonable and realistic targets, he also firmly believes in setting stretch targets to help officers realise their potential further. ***"We do not want officers to become too comfortable and stagnate in their development,"*** AC Lian said.

In other efforts to deepen and strengthen team building, AC Lian strives to cultivate a strong sporting culture within his Division. ***"It is not about winning a game or competition, but getting to know each other better and bond as a family,"*** quipped AC Lian.

Mindset, Skillset and Reflexes

With terrorism becoming more poignant in recent times, it is no surprise that SPF has been gearing up on its counter-terrorism strategy. As Commander, it is imperative to ensure that officers are well-equipped and trained to manage the onslaught of security threats.

In addition to pushing for his officers to acquire the right mindset, skillset and reflexes to contain the threats swiftly and decisively, AC Lian also recognises the quintessence of community outreach. Reflecting on the current SGSecure outreach efforts undertaken by the SPF and the Home Team, AC Lian attests that the war against terror should not be a sole fight put up by the Police.

"Protecting our loved ones is not solely the efforts of the Police but also the responsibility of our community… In today's security climate, our families and friends are all at risk of being caught in a terrorist attack. We therefore need to get as many people in the community trained to exercise vigilance to prevent a terrorist attack; to know what to do if caught in a terrorist attack, and to know what to do following an attack," said AC Lian with verve.

Eventually, surviving a terrorist attack is dependent on the joint efforts of the Force and the community's response capabilities.

United with Pride

With the ultimate goal of making Singapore the safest place in the world, AC Lian highlights the most important ingredient to overcome challenges and that is, ***"having pride in our mission"***.

Throughout the various periods of SPF's history, one constant factor behind our successes has been that very pride, and it is this sense of pride that will enable officers to overcome any complexities and challenges. ***"If all of us can show the same spirit and dedication, the same passion for our mission, the same pride in our work, then we will be able to find the means to overcome the challenges that come our way, and take a step closer to making Singapore the safest place in the world,"*** affirmed AC Lian.

A family man both at home and at work, AC Lian strives hard to protect his loved ones and inspire his fellow men in blue. He instils pride within the Division by encouraging officers to motivate one another and reminding them of the purpose – the real and meaningful work they do to safeguard Singapore every day.

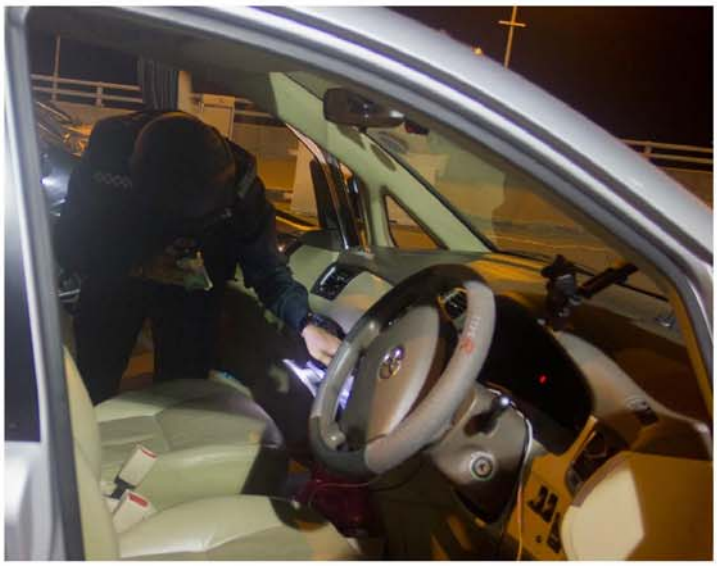
Ever Vigilant and Ready

Beginning at 10am on 17 October 2016, the Singapore Police Force (SPF), supported by the Singapore Armed Forces (SAF), conducted an islandwide counter-terrorism exercise that lasted till the wee hours of the morning of 18 October 2016. More than 3,200 officers from the Home Team and 660 officers from the SAF took part in the 18-hour exercise. This exercise led by the SPF is Singapore's largest counter-terrorism exercise to date.

A Massive Effort

Conducted in two phases, the exercise is part of on-going efforts by the Home Team and the SAF to exercise and validate Singapore's multi-agency response plan in handling terrorist attacks.

The first phase involved joint deterrence patrols between the SPF and the Immigration & Checkpoints Authority of Singapore, supported by the SAF's Island Defence Task Force at over 360 locations islandwide. Officers from both agencies manning the land checkpoints had to look out for Vehicle Borne Improvised Explosive Devices and thwart any potential terrorist escape routes.



Phase two on the other hand, featured various SPF and SAF officers responding to a series of simultaneous terrorist attacks comprising hostage situations, sea intrusions and bomb attacks at various locations islandwide.

The SPF's Emergency Response Teams (ERTs) provided the first line of response and defence to all the simulated terrorist attacks by successfully containing the situation and minimising the casualties. The second wave of Anti-Swarming Teams (ASTs) from the SPF's Special Operations Command moved in to neutralise the armed attackers. SAF's Army Deployment Force was activated to support the SPF's ground commander at one of the incident locations, and SAF's Special Operations Task Force was deployed to neutralise armed hostage-takers and rescue the hostages.

A Shared Responsibility

Deputy Prime Minister and Coordinating Minister for National Security, Mr Teo Chee Hean emphasised the need to stay vigilant. He said,

"We have to take the threat seriously, not just the security forces but everyone in Singapore to stay alert, stay united and stay strong."

The exercise also served to raise public awareness on the current security landscape. It reinforced the importance of community involvement and encouraged continued vigilance from members of the public to keep Singapore safe and secure. Volunteers had the opportunity to practise their SGSecure skills by familiarising with the "Run, Hide, Tell" advisory and applying the Improvised First Aid Skills using the "Press, Tie, Tell".

Fighting terrorism is a shared responsibility. As much as how it is important for the Home Team and SAF to continue to enhance their ability to respond quickly and effectively to any security threat, it is equally important for the community to stay alert and united should terror strike!

Educating Seniors to Stay Safe Online

The Info-communications Media Development Authority of Singapore (IMDA) Silver IT Festival 2016 was held between 10 and 11 September 2016 at the Lifelong Learning Institute. This event was a collaboration between the IMDA and the Singapore Police Force's Criminal Investigation Department and Commercial Affairs Department. More than 4,000 senior citizens attended the exhibition to learn more about Cybercrime. Dr Yaacob Ibrahim, Minister for Communications and Information, was the Guest-of-Honour at the Festival.

The two-day exhibition was organised to educate senior citizens about the dangers of cybercrime and to keep abreast with modern technology.

Officers from the Singapore Police Force (SPF) also introduced the participants to the Police@SG mobile application and demonstrated how Scamalert.sg provides updates on cybercrime trends.

Dr Yaacob Ibrahim applauded the SPF for its efforts in raising awareness to the senior citizens with the use of modern technology.

Our Municipal Hero

"As a Police officer, it is my duty to help others in need. I did not expect to be nominated for the Municipal Services Award and I am extremely proud to receive it." — Senior Staff Sergeant (SSSgt) Mohammed Nazeer, recipient of the Municipal Services Individual Award.

SSSgt Nazeer from Tampines Neighbourhood Police Centre was called upon to attend to a complaint from a family over noise coming from the flat above theirs. Although such cases may be dismissed as a simple issue of conflict between neighbours, SSSgt Nazeer went beyond the call of duty to investigate into the issue and discovered that the troubled family was plagued with financial difficulties and problems with managing their children. He then referred them to the Community Mediation Centre and Family Service Centre, which not only assisted to mitigate the conflict between the two parties, but also helped the troubled family to apply for financial assistance.

For his conscientiousness and dedication in resolving municipal issues, SSSgt Nazeer was presented with the Municipal Services Individual Award on 30 September 2016 at the Municipal Services Awards 2016. The Municipal Services Awards are given to officers, both individuals and teams, who went beyond their call of duty to work with other agencies to solve municipal problems. It celebrates and promotes inter-agency collaboration and the professional service standards that agencies seek to exemplify.

Alongside SSSgt Nazeer, six teams from Ang Mo Kio Division, Bedok Division, Central Division, Jurong Division and the Service Delivery Department were also awarded the Municipal Services Team Award at the Municipal Services Awards 2016.

Minister for Culture, Community and Youth, Ms Grace Fu graced the event and commended the officers for going the extra mile to make a positive impact on the lives of the residents. In her speech, she mentioned that ***"Mr Nazeer has not only enabled harmonious living between neighbours, he has also created a deep impact in helping a family in need".*** The service excellence attitude of the award recipients are indeed exemplary role models for all of us to learn from.

Happenings

Police Officers' Association: Appreciation & Bonding Session

On 19 October 2016, the Police Officers' Association (POA) held its tea appreciation and team bonding session at the Senior Police Officers' Mess (SPOM). Senior Assistant Commissioner (SAC) Tan Hung Hooi, then-Director Manpower, graced the occasion as the Guest-of-Honour.

During the event, SAC Tan expressed his gratitude and presented members with certificates of appreciation. In appreciation of SAC Tan's guidance to the committee, the President of the POA, Senior Station Inspector (2) K Iyannar S/O Kaliappan also took this opportunity to present SAC Tan with a token of appreciation.

POA members shared that this event was a meaningful session as it allowed officers from the various departments to better understand each other's role.

Koban Community Policing Seminar

The Koban Community Policing Strategies Seminar was held between 10 and 14 October 2016. Acting Commissioner of Police, Lim Kok Thai, graced the event as part of the Japan and Singapore Partnership Program to strengthen the relations between the two countries.

The Koban System is a policing system that was originally implemented by the Japanese Police during the early years of Japanese Policing.

Today, this system is widely adapted by the Singapore Police Force and it has proven effective in strengthening community partnership and engagement which in turn helps in SPF's efforts to prevent, deter and detect crimes.

A total of 34 representatives from 17 countries attended the seminar to share and exchange their views about the Koban System.

MCPF Official Study Visit to NCPC

On 20 October 2016, the Malaysian Crime Prevention Foundation (MCPF) headed by Vice Chairman Datuk Kamarudin Md Ali visited the National Crime Prevention Council (NCPC) at the New Phoenix Park Police Headquarters. The visit has helped to further strengthen the ties between the two organisations as MCPF and NCPC not only exchanged crime prevention ideas but also reaffirmed their commitment towards building a safer society.

Happy 70th Anniversary VSC

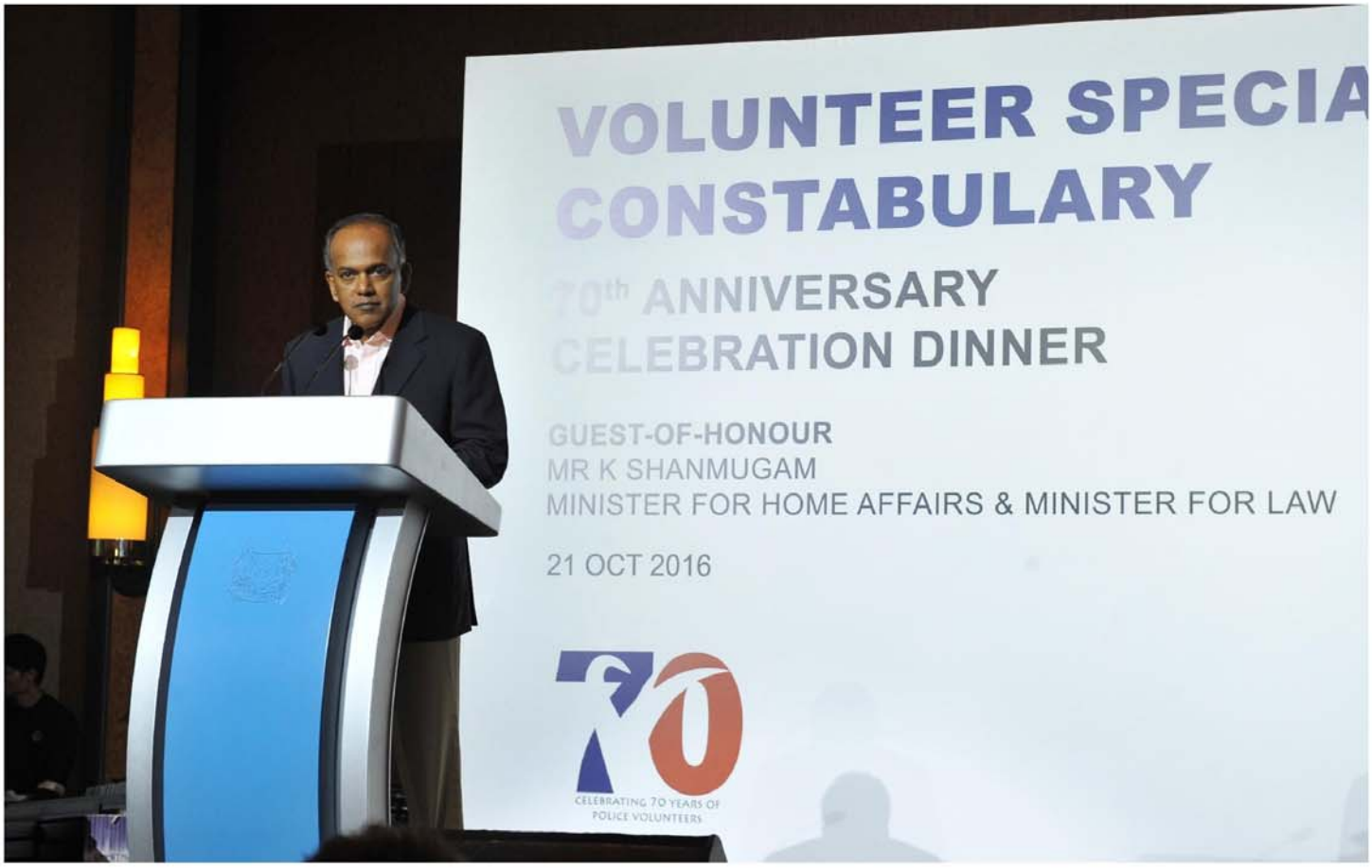
Formed in 1946 with a modest 150-man force and tasked with helping the Police restore law and order after the Second World War, the Volunteer Special Constabulary (VSC) marks an important milestone in its history this year as it celebrates its 70th Anniversary.

Photo credit: **Home Team News**

Currently, the VSC boasts a total strength of more than 700 officers, comprising volunteers from all walks of life, a significant increase since its humble beginnings. Regardless of their civilian profession, VSC officers don the same police uniform as the full-time Police officers to patrol the streets, participate in anti-crime operations and even partake in high-speed sea chases.

The evolution of the VSC over its 70 years of existence has been both challenging and exciting. VSC officers saw action in major riots such as the Maria Hertogh riot in 1950 and the Hock Lee bus riots in 1955. Subsequently, they were involved in assisting to maintain law and order, including during the 'Konfrontasi' period just prior to the establishment of independence in Singapore. They also played a part in training the National Service Special Constabulary officers shortly after Singapore gained independence.

In 1981, the VSC had its first volunteer Commander, Assistant Commissioner (V) Chao Hick Tin. In the following years, the deployment of VSC officers extended beyond the Singapore Police Force (SPF) Land Divisions, to several specialist units such as the Airport Division, Criminal Investigation Department, Police Coast Guard, Traffic Police Department and even the Central Narcotics Bureau. The involvement of VSC officers in many SPF operational units is certainly a mark of trust that SPF Commanders have in VSC officers.



On 21 October 2016, the VSC held its 70th Anniversary celebration dinner in Orchard Hotel with more than 850 VSC officers and guests attending the event. The VSC was honoured to receive Minister for Home Affairs and Minister for Law, Mr K Shanmugam as the Guest-of-Honour, as well as many other distinguished guests such as Second Permanent Secretary (Home Affairs), Mr Loh Ngai Seng, the Acting Commissioner of Police, Mr Lim Kok Thai, and the first volunteer VSC Commander, Judge of Appeal Justice Chao Hick Tin.

In the speech given by Minister for Home Affairs and Minister for Law, Mr K Shanmugam, he thanked the VSC officers for dedicating their personal and family time to support the SPF in its mission to keep Singapore safe and secure, acknowledging that the involvement of VSC officers in many major Police deployments speaks of the high level of trust and confidence the Government, Ministry of Home Affairs (MHA) and SPF have in VSC officers. He also paid tribute to three VSC officers who had lost their lives in the line of duty: Mr Andrew Teo Bock Lan, who was attacked by rioting mobs in the 1955 Hock Lee bus riots, Mr Abdul Kadir Bin A Rahman, who died in a traffic accident while pursuing motorcyclists who had made illegal modifications to their motorcycles in April 1988, and Mr Seah Ben Hur, who died while performing Traffic Police roadblock duties on 8 November 2005. To conclude his speech, Minister K Shanmugam issued a challenge to the VSC to double its strength in 10 years' time.

Today, VSC officers play an integral role in the SPF. VSC officers not only patrol the streets as trusted partners of the full-time Police officers but are also awarded similar awards and recognition as them. As with any credible operational force, the VSC will be transforming itself in the years to come to enhance its effectiveness to remain relevant to the ever-changing safety and security landscape.

My View — I am Taurus

I gasp in a shaky breath, feeling my sleek metallic frame constricts. Panic rose like bile in my throat. I stood attentively, staring at the terror before me. His palms were clammy, gripping me tightly by the butt.

"Detail, watch your front! Own time, own target, you're shooting five rounds, fire!"

"Bang! Bang! Bang!" the shrill demented, choirs of wailing shells echoed throughout the firing range. With a fatal blow my fellow friends, bullets pierces through "Ah Huat" — the shooting target.

Last round fired — the action snaps me back and a clicking sound resonates through my comrade's ears. I am no longer firing any shots, now waiting for his next move.

Who am I? I am Taurus, ready to put my enemies down.

As compared to my predecessor, the nostalgic Smith & Wesson revolver, I weigh lighter at 693 gm. My solid calibre, .38 Special sends out a stern warning to all perpetrators, flexing my destructive nature as a firearm. My sturdy-built body is made of aluminium, titanium with steel lockwork components, measuring at 194 mm.

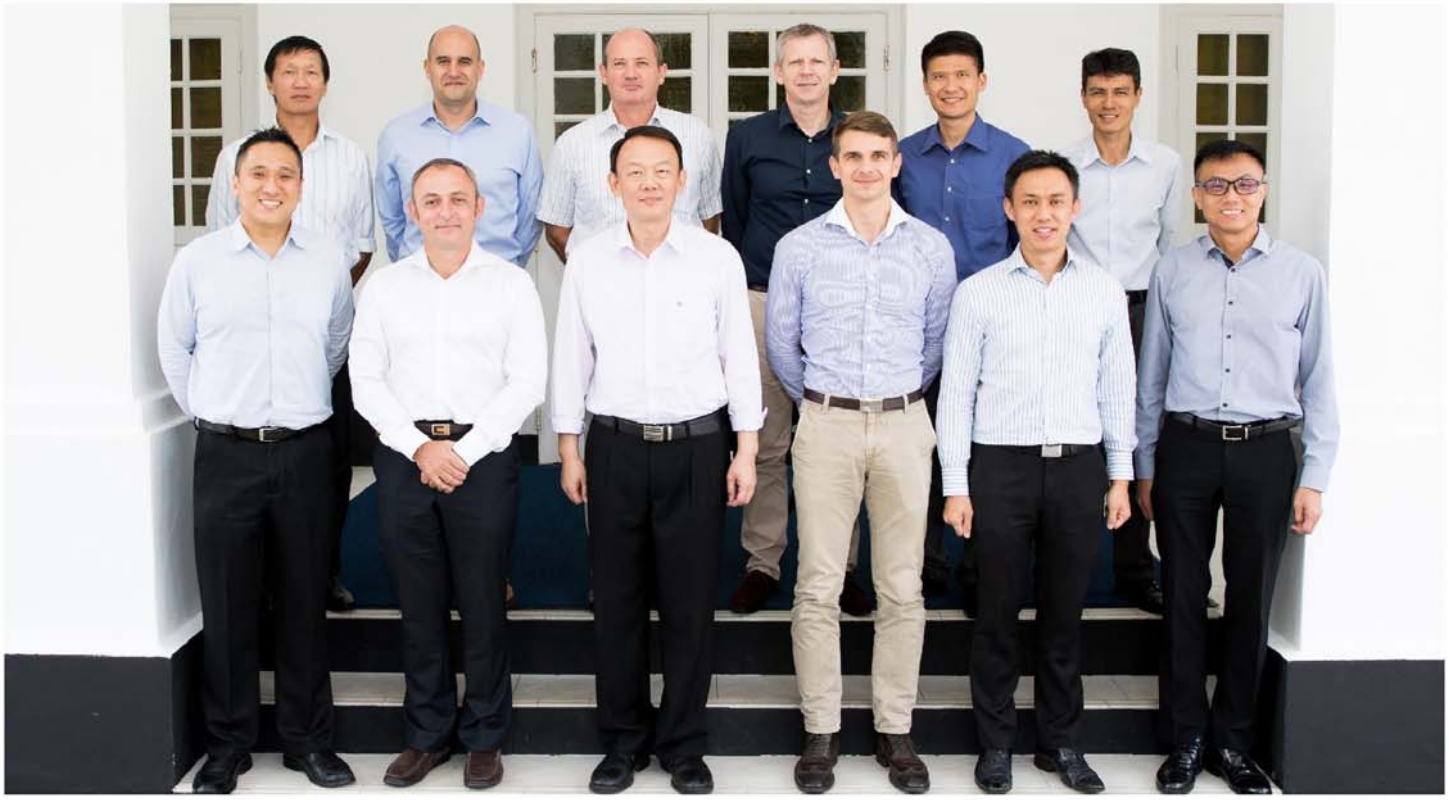
Unlike the Sheriffs of the Old West Frontier, I am the last in the chain of command for my trusted companion — the Police officer, to incapacitate the perpetrator from inflicting any further harm to people. Like an eye of a hawk, fixing its eyes on the prey, my laser sight provides better accuracy to fire at perpetrators.

My buddy, the gun holster, is always there to protect me from landing into the hands of perpetrators. With its double locking mechanism, it acts as another safety feature where the revolver remains intact even if someone attempts to snatch it. Heard enough?

Perpetrators beware!

Strengthening Ties with GIGN

Between 26 and 29 September 2016, the Specialist Capabilities and Doctrines Division of Operations Department invited the Commander of Groupe d'intervention de la Gendarmerie Nationale (GIGN) General de Brigade Hubert Bonneau and Head Intervention Section of GIGN Major Pierre-Marie Chancerelle to Singapore under the Home Team Academy's Distinguished Visiting Fellowship Programme.



The GIGN is an elite special operations unit of the French National Gendarmerie, and played a key role in the resolution of the Charlie Hebdo incident in 2015. This visit was done with the purpose of strengthening mutual understanding and promoting collaboration between the Singapore Police Force (SPF) and GIGN in combating terrorism.

Opening on a leisurely note, the visit started with the French delegation attending the Annual Police Dinner 2016 held at the iconic Gardens by the Bay. The following day, the delegation paid courtesy calls to several Ministry of Home Affairs leaders such as Second Permanent Secretary (Home Affairs) Mr Loh Ngai Seng, Chief Executive of Home Team Academy Mr T. Raja Kumar, as well as Deputy Commissioner of Police (Policy) Mr Lim Kok Thai. During the courtesy calls, both parties exchanged professional views on the current threat environment, counter-terrorism efforts and also discussed future collaboration initiatives.

During their time in Singapore, the delegation also visited several Police establishments and units such as the Home Team Tactical Centre, Gurkha Contingent, and Police Security Command. During the visits, the visitors held fruitful exchanges with the officers and gained a better understanding of Singapore's counter-terrorism efforts. Officers from the various hosting units likewise benefited from the exchanges and gained better understanding of GIGN's counter-terrorism efforts.

Apart from SPF officers, some 150 officers from various Home Team Departments also benefitted from General Bonneau's lecture held at the Home Team Academy where they learned about the evolution of terrorism as well as GIGN's response, in terms of paradigm, strategy, tactics and equipment, to the challenges posed by terrorist threats.

The highlight of the visit was the dialogue session between the delegation and several SPF Leaders from the various specialist and line units, including Deputy Commissioner of Police (Operations) Mr Lau Peet Meng and Deputy Commissioner of Police (Investigation & Intelligence) Mr Tan Chye Hee that was held at the Senior Police Officers' Mess. It was an engaging and fruitful session where there was a fervent exchange of ideas and sharing of experiences. Following the dialogue session, Commissioner of Police Mr Hoong Wee Teck hosted

a farewell lunch for the delegation to thank them for the sharing and reiterated the SPF's commitment to continue promoting collaborations between the SPF and GIGN.

This visit by GIGN reaffirmed the close ties that Singapore shared with France in many areas across intelligence, police, and the military against terrorism. To conclude his delegation's visit to Singapore, General Bonneau commended SPF on the tremendous efforts that were put in place to combat terrorism, and expressed his confidence in SPF's ability to handle terror incidents.

A New Road Leader in Town

Accidents are likely to happen when motorists become negligent and violate traffic regulations. The quest to keep our roads a safer place continues as the Traffic Police (TP) strives to strengthen its three-pronged approach towards road safety — Education, Engagement and Enforcement.

In a move to further its road safety mission, TP collaborated with the National Taxi Association to launch the "Cabtains of Roadsense" initiative on 20 September 2016. Having been identified as the group who spends a large part of their day on the roads, it is important for taxi drivers to safeguard themselves and protect the lives of others by taking the lead in paving the way for safer roads.

As part of this initiative, TP collaborated with ComfortDelGro to upload information on the locations of speed and red light cameras into the GPS database of the taxis' existing Mobile Data Terminals (MDTs). Equipped with audio and visual warnings, taxi drivers will receive alerts when they are approaching any of these speed and red light cameras. In addition, the drivers will also receive road safety messages on their MDTs.

Thus far, all 17,000 ComfortDelGro taxis will progressively receive the MDTs upgrades. 3,500 SMRT vehicles are postulated to join the bandwagon from next year.

Gracing the launch event, Parliamentary Secretary for Home Affairs, Mr Amrin Amin also applauded the introduction of bumper stickers which carry road safety messages as part of the "Cabtains of Roadsense" initiative. These bumper stickers are produced by 3M, who is also another collaboration partner of TP. 500 taxis from ComfortDelGro and SMRT will be pasted with the bumper stickers to promote road safety awareness.

Taxi drivers who attended the event spoke positively about the initiative. This collaboration between the TP, National Taxi Associations and 3M is another step to support TP's mission of enhancing road safety through enforcement, engagement and education.

The NPP Logo Competition…
No Winner But 14 Win Merit Prizes

The Republic of Singapore Police invited members of the public including professional graphic designers to participate in the Neighbourhood Police Post Logo Design Competition in April 1984. This competition was aimed at obtaining an appropriate logo design for Neighbourhood Police Posts (NPPs) which have been operational in Toa Payoh Division since 1983.

The NPP Logo

419 entries were received and were judged by a panel of judges headed by the Commissioner. The judges felt that the entries received did not adequately project the concept of the NPP system. The judges therefore decided that no award for the top three prizes could be made. They declared, however, that fourteen entries deserved merit and that each be awarded a cash prize of $250/-.

The Police noted some of the better ideas expressed in the entries and made necessary modifications to portray the close relationship between the police and the community. It has been decided to adopt the modified logo shown here.

The logo is a graphic representation of a policeman with peaked cap at the centre who is flanked by two members of the public. Their arms are linked, symbolising mutual cooperation and comradeship as well as solidarity in the battle against crime.

Their interlinked arms also constitute the abbreviation "NPP" which stands for "NEIGHBOURHOOD POLICE POST". The colour blue represents the police officer since blue is the traditionally and universally associated with the POLICE. The colour red is used for members of the public since red connotes the brotherhood of Man, this being consistent with the philosophy of the Neighbourhood Police Post System which emphasises the development of closer relations between the Police and community. White has been chosen for the background because it is the best match for the red and blue colours — it helps to also make these two colours stand out distinctly.

Custodial Policy & Risk Management Officers

The Police Operations Department is the authority on general operational matters. The divisions in Operations Department work hard to ensure the safety and security of Singapore.

One of such Division is the Custodial Policy & Risk Management Officers. In this issue, *Police Life* caught up with two CPRM officers to bring you more insights into the finer details of CPRM's work.

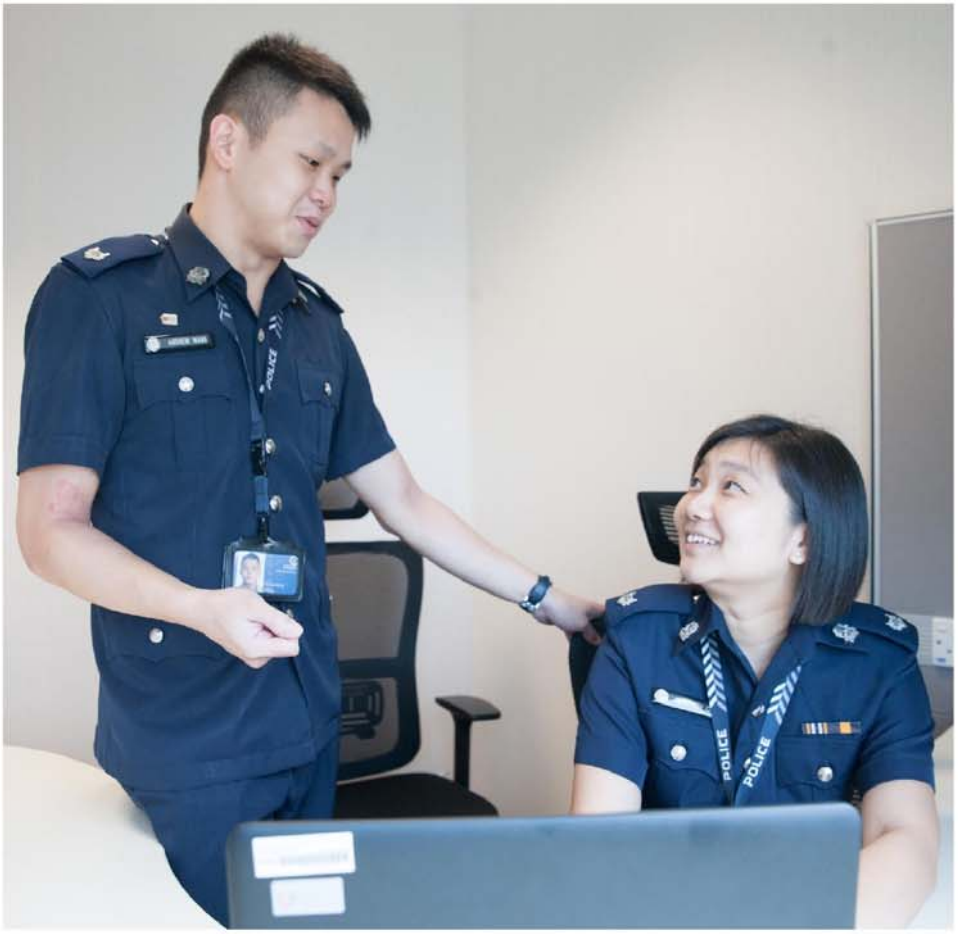
Ensuring the Well-Being of Persons-In Custody (PICs)

Formerly known as the Police Custodial Division, the CPRM formulates policies to ensure a safe, secure and humane environment for PICs. In addition, CPRM is also responsible for the audit and risk management processes across operational domains to ensure proper risk mitigation controls.

Both officers are in the thick of things when it comes to the safety of PICs. Delving into their scope of work reveals the critical roles of Assistant Superintendent of Police (ASP) Andrew Wang and ASP Seah May Chen.

In the management of PICs in Singapore Police Force (SPF) lock-ups, ASP Andrew is responsible for liaising with external Law Enforcement Agencies (LEAs) such as the Immigration & Checkpoints Authority of Singapore (ICA) and Corrupt Practices Investigation Bureau (CPIB) for the arrangements of housing their PICs. Apart from the coordination work, he also provides guidance on the escorting protocols of PICs from lock-ups to medical institutions as well other LEAs and the State Courts.

ASP May Chen is the officer in charge when it comes to ensuring the safety and security of PICs. She is also responsible for reviewing policies and developmental issues such as custodial care and PIC procedures within the facility. Working closely with various agencies and other officers in the Force, she scrutinises the various blueprints and PIC processes to ensure that their facility management is always up to the mark.



What It Takes

At first glance, the demands of the job do not appear to be very peculiar from that of a regular Police Officer. However, serving in the capacity of a CPRM Officer calls for a discerning eye for details. As a CPRM officer, an important skill required in their jobs is the need to align and manage stakeholders, both internal and external. ASP Andrew further shared that as the staff authority on custodial matters, he needs to have a flexible mindset in order to devise optimum solutions or arrangements to address the units' concerns.

However, as ASP Andrew highlighted, policing work is a momentous commitment that goes beyond chasing down criminals. Instead, it represents the pledge undertaken by fellow officers to uphold the integrity of the SPF. For officers like ASP Andrew, the coordination work of PIC management plans across units is a key element in a day's work that preserves the efficiency and momentum of SPF operations. To ASP Andrew, policing is more than a task, but also a fulfilment in preserving the good image of the SPF in the eyes of the public.

Indeed, the mission of the SPF to uphold the law, maintain order and keep the peace in the Republic of Singapore cannot be attained without collective commitments across all units. The officers from the CPRM may not be the most visible in their undertakings, but they certainly play a vital role in ensuring that Singapore is the best home possible for all of us.

Besides managing the welfare of PICs, ASP May Chen is also invested in the virtues of lifelong learning.

"It was a steep learning curve as I had to understand the intricacies of the PIC procedures before reviewing any processes. Till now, I'm still learning."

As the interview came to a close, ASP Andrew urged officers to stand firm by the SPF core values. ***"A lack of integrity will lead to misconducts and corruptions,"*** he said with full conviction.

From Fat to Fit

He once weighed 103kg but now, he only weighs 75kg. Initially reluctant to enter National Service (NS), SC/Sgt Taufiq Irfan bin Bambang Sugeng shares with *Police Life* the story of how he managed to lose an astonishing 28kg during his Police Officers Basic Course (POBC) training.

"The Physical Training (PT) and everything was definitely a part of it but I knew I had a lot of weight to lose so I had to push myself harder. I was very strict with my diet. I abstained from eating rice, drinking sweetened drinks and having supper whilst in camp. Apart from controlling my diet, I frequent the track to exercise every night. In addition, during our rest time some of my squad mates and I would also do push ups," said SC/Sgt Taufiq.

He credits most of his weight loss success not only to himself, but also to the support that he had received from his fellow squad mates from NS73/14, Course Manager (CM) Senior Staff Sergeant (SSS) Jeffery Lim Hong Nee and Field Instructor (FI) Sangerthen.

Despite the difficulties and obstacles that he initially faced such as having to adapt to the PT that was conducted two to four times daily or the fact that other people tend to make fun of the Physical Employment Status, B-Pending (BP) squad, SC/Sgt Taufiq managed to push on and overcome all of these obstacles and lose a total of 28kg over the course of the entire training.

"It is nice to have people who are going through the same thing as you are. We never fail to motivate and encourage one another when the going gets tough. Outside of camp, my parents have also been very supportive and helpful in my weight loss journey."

When asked what advice he would give to incoming Police National Servicemen (Full-time) who are also looking to lose weight, SC/Sgt Taufiq commented, ***"If you are determined to lose weight, nothing is impossible. Although POBC will be a great help because of the tough trainings and discipline that is required, it is just as important to have strong willpower. No one can help you if you do not want to help yourself. It will not be easy but the difficulties you face are temporal and will be succeeded by great memories forged."***

"It is nice to have people who are going through the same thing as you are. We never fail to motivate and encourage one another when the going gets tough. Outside of camp, my parents have also been very supportive and helpful in my weight loss journey."

SC/Sgt Taufiq Irfan bin Bambang Sugeng

One of Us

What is your rank, name and vocation?

Superintendent (V) Yap Eng Huat, Jimmy, Head Voluntary Special Constabulary (VSC) Tanglin Division

How long have you been a VSC officer?

It has been 28 years since I joined the VSC in January 1988.

What do you do outside of SPF?

I am currently a Principal Dental Surgeon in a Group practice.

What is the driving factor that motivates you to stay in VSC all these years?

The passion for police work and the love for Singapore motivate me to continue doing my part to keep her safe and secure.

What part of your VSC work do you enjoy the most?

Regardless of whether you are a regular or VSC officer, I enjoy the comradeship of my men, especially when we are working hard on major operations such as National Day Parade and the Southeast Asian Games.

What is your most memorable experience working in SPF?

It has to be the Lying in State operations for our founding Prime Minister, the late Mr Lee Kuan Yew. I was the sector in-charge and responsible for the security of the Lying in State operations. I felt honoured to be part of this operation and being able to pay my last respects to him.

What advice do you have for incoming VSC officers?

Be very competent and professional because being a VSC does not make us any different from our regular counterparts, be it our responsibilities, duties or passion in serving the country. Always remember where your passion lies. While we may not always receive praises from members of the public for what we do, we have to be reminded of our dedication in serving Singapore and the difference we can make in someone's life every day.